

media release

Colorado Department of Agriculture

www.colorado.gov/ag

www.facebook.com/coloradoag

FOR IMMEDIATE RELEASE

February 6, 2013

Contact: Wendy White, (303) 239-4119, Wendy.White@state.co.us

Buy Local For Fish Dishes

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado fish is featured in the **Asian Style Ceviche** recipe.

Available Now...Fish

Colorado is home to more than 50 aquaculture facilities or “fish farms” where fish are raised for food and to stock Colorado waters. Many chefs prefer farmed fish because of their mild flavor, thick fillets and flaky texture. Look for Colorado fish such as striped bass, tilapia and trout at your local grocery store or at restaurants across the state.

Asian Style Ceviche

Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District

Serves 8-10

2 lb. Fresh Colorado Striped Bass, cleaned and cut into small cubes

1 Small Red Onion, julienned fine

1/2 Cup Broccoli Slaw, chopped fine

1/4 Cup Edamame, shelled and steamed

1/2 Cup Snap Peas, julienned fine

2 Tbsp. Sesame Oil

1/4 Cup Lime Juice

1/4 Cup Rice Wine

1/4 Cup Sweet Chili Sauce

2 Tbsp. Brown Sugar

2 Small Jalapeños, diced fine with seeds

3 Tsp. Fresh or Puree Ginger

2 Tbsp. Cilantro, chopped

1 Tbsp. Black Sesame Seeds

Sea Salt to Taste

Black Smoked Pepper to Taste

Chinese 5 Spice to Taste

In a mixing bowl, combine the sesame oil, lime juice, chili sauce, brown sugar, jalapeños, ginger and cilantro. In a separate mixing bowl, combine the onion, slaw, edamame and snap peas. Toss well to combine. Add the diced striped bass and mix well to combine, be careful not to smash the fish while mixing. Add the wet mixture to the fish/slaw and gently fold the mixture together, season to taste with the 5 spice, salt and pepper. Refrigerate for about 2 hours prior to eating. Prior to serving, adjust the seasoning as needed. Garnish with black sesame seeds and shaved green onion if desired. Great served in wonton cups or with wonton chips.

Visit www.coloradoagriculture.com for a complete list of recipes.

###